



News Notes

Hickam seeking mascot – Eglin Air Force Base, Fla., is the home of the Nomads. Kunsan, Korea has the Wolfpack and in Eielson AFB, Alaska, you will find the Icemen.

As we usher in this new and exciting era of the C-17 Globemaster in Hawaii, you can contribute to our identity and heritage by helping to select a new wing mascot. Along with the mascot we will also be selecting a 15th Airlift Wing motto.

The 15th Airlift Wing Commander is sending out a challenge to Hickam members to give Team Hickam a new "face" and "voice." The deadline for entries is May 13 and ideas are to be submitted to 15aw.pa@hickam.af.mil. All members of Team Hickam are eligible to submit ideas. Once all the ideas are received, a board will pick the top entries to be voted on by all Team Hickam through the Kukini and Base E-notes. The winning entries will get a two-day pass presented by Col. Bill "Goose" Changose. Don't miss the chance to take part in this historic event.

Beautification day – The Hickam Elementary School Parent Teacher Organization is sponsoring a beautification work day Saturday from 8:30 a.m. to 2 p.m. Volunteers are needed for painting, cleaning and gardening. To volunteer or for more information, contact Andrea Gindhart at 423-0040.

Housing hours – The Hickam Housing Office will have new hours of operation beginning Monday. The new hours will be Monday through Friday 7:30 to 11 a.m. and noon to 3 p.m.

Heritage luncheon – The Asian Pacific American Heritage Month luncheon is Tuesday from 11:30 a.m. to 1 p.m. at the Hickam Officers' Club Lanai. The cost is \$13 for members and \$15 for non-club members. For more infor-

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In this week's Kukini



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COLA to increase in Hawaii

U.S. Pacific Command – Hawaii service members may see more money in their May paychecks after officials announce a raise in COLA.

April 19, the per diem, travel and transportation allowance committee approved cost of living allowance changes effective immediately.

Based on this year's data, the committee determined changes were due for three Hawaiian Islands (Kauai, Maui and Oahu). Kauai received the largest change with a four-point increase, while the Big Island remained unchanged. The changes came as a result of the December 2004 - March 2005 COLA survey.

The actual pay increase will vary by rank and number of dependents but averages \$50 per month.

For example, on Oahu an E-5 with eight years of service and three dependents will see an increase of approximately \$47 a month. An O-3, with the same criteria, will see a \$63 monthly increase, according to Eddie Fowler, a Personnel Policy Analyst with U.S. Pacific Command's Manpower, Personnel and Administration Directorate.

The U.S. Pacific Command's Manpower, Personnel, and Administration Directorate conducted the living pattern survey online in January 2003.

"The living pattern survey establishes where military personnel shop," said Fowler. This year, another living pattern survey will occur from Sept. 16 through Nov. 4. Members' participation in this upcoming survey is essential to identifying their shopping patterns.

USPACOM then conducts a retail price survey every year at the retail locations identified in the living pattern survey. The data collected through these surveys are then sent to the PDTATAC in Washington.

This year's results justified the leadership's decision five years ago to hold a four-index

points reduction in abeyance.

"What made the difference in January 2003 was the fact that people took the time to complete the living pattern survey correctly showing us where they shop," Fowler added. "Military families seem to spend a lot of money in the commissaries and exchanges, out of necessity, but we also do 40 percent of our shopping at local markets."

For more information about COLA, including calculators and explanations on how COLA is determined, visit <http://www.dtic.mil/perdiem/index.html>. (Information courtesy of USPACOM Public Affairs)

Team Hickam remembers squadron commander

By Senior Airman Sarah Kinsman
Kukini Editor

Team Hickam members are invited to attend a memorial service to honor Lt. Col. Karolen Fahrni, Headquarters, Pacific Air Forces Squadron commander, today at 2 p.m. at the Nelles Chapel.

Colonel Fahrni passed away at home Sunday after a long battle with cancer.

She is survived by her husband, retired Lt. Col. Robert Wahl and their two children, daughter Mikaila and son Justus, and her parents, retired Marine Lt. Col. Leonard and Helen Fahrni.

Colonel Fahrni's family and friends tell stories not of a military veteran, but rather a wife, a mother, a daughter, a sister, a colleague and for many, a dear friend.

"Karolen loved her gymnastics days at the Air Force Academy," said Helen Fahrni, Colonel Fahrni's mother. "She continued to enjoy and pursue her own health and fitness goals, while helping others achieve their own aspirations. She loved to ski and truly enjoyed cooking and baking for others. She loved the real estate market, the art of buying and selling."

"But, most importantly, she adored and loved her family," Senior Master Sgt. Michael Rennie, Headquarters, PACAF first sergeant concluded. "She was blessed, for she knew what was most important in life, precious time with her children and the gift God offered in motherhood."

Colonel Fahrni was born May 11, 1962 in San Diego County, Calif., but she called Aiea, Hawaii, her home. She received her commission from the Air Force Academy June 29, 1984.

She began her military career as an undergraduate T-38 program pilot at Vance Air Force Base, Okla. Following Vance, she had a variety of

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MAC visits Hickam

Maj. Edward Bachl
Pacific Air Forces Public Affairs

Some of Hawaii's most prominent civilian military advocates met with Gen. Paul Hester, Pacific Air Forces commander, April 19 to discuss issues impacting Air Force operations and Airmen across the command.

Each year the Hawaii Military Affairs Committee meets with members of Congress to help raise concerns on behalf of Hawaii's military leaders.

During the visit, the committee talked about quality of life programs, military construction projects, C-17 bed-down status and the short austere airfield initiative.

"Our annual meetings with Hawaii's senior military commanders are essential to maintaining open dialogue on the military's presence in Hawaii and Asia Pacific," said Charlie Ota, MAC Vice President and Director of Military Affairs for Hawaii's Chamber of Commerce. "This year is especially meaningful to Hawaii as the DOD delves deeper into its most significant transformation in U.S. military history."

The MAC members are scheduled to meet with the other component commanders as well as Commander, United States Pacific Command, to gain further insight on the island's military issues. This year's trip to Washington D.C. is scheduled for June 5-10.



Photo by Sharee Moore

Dining out

Cadet Capt. David Song engages Col. Scott Chesnut, 15th Airlift Wing vice commander (center) and Cadet 3rd Class Anna Burdios in conversation during the Air Force ROTC dining out Friday. Colonel Chesnut awarded four cadets with the Wau Kau Kong scholarship and one cadet with the 15th Airlift Wing Leadership Award, which is given to the student showing the most improvement in his or her leadership skills each year.

15th MDG hosts Waianae students during career day

By Tech. Sgt. William Parker
15th Medical Group

The 15th Medical Group played host to twenty Waianae High School students who participated in a career exploration day April 21.

The Career Exploration Day initiative began six years ago to support the health academy program at Waianae High School.

"Sharing job knowledge with the high school students seemed to be very beneficial to them

and they showed a high level of interest, which made it even more enjoyable and worthwhile," said Staff Sgt. Elizabeth Sanders, a pharmacy technician.

This program introduces students to future health care careers. The students gain first-hand knowledge and insight about various medical careers in optometry, physical therapy, life skills, pharmacy and primary care.

Before the day even started students were briefed on the patient privacy laws that have come into effect regarding the sharing of medical information. They gained a new perspective on the importance of protecting information not only from the medical side, but also how it applies to

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Photo by Mike Dey

Staff Sgt. Maurice Whitlock, 15th Medical Group, shows student Carol Grande how he makes dental casts during a career day visit to the clinic by Waianae High School students.

Breaking promises to stay in

By Master Sgt. Glenn Tajeron
Team Hickam
Career Assistance Advisor

Some day, or even today, an Airman will break a promise.

Four years ago many NCOs broke a promise. Twelve years ago many SNCOs broke a promise. Twenty-six years ago a few chiefs even broke a promise. That's right! We broke promises and reenlisted into the world's greatest military, United States of America, to become richer! As enlisted members, we are rich in training, education and benefits. The simplest, yet most difficult to accept is training.

We received training from the best-of-the-best instructors in the world, a military training instructor. These instructors had the impossible task of bringing many different personalities and individualists, together and molded us into one cohesive team. Removing the word "I" from our vocabulary and replacing it with "us" was no easy task, but these instructors, the educator, mentor and parent rolled into one, did it without blinking an eye.

Within six weeks, we not only accepted our new team but we were molded into the world's greatest Airmen; more professional, disciplined, committed and dedi-

cated to the same cause – freedom!

We were provided additional training within our specialty; nearly 150 jobs to choose from. Depending on the specialty, training lasted anywhere from six weeks up to two years. Did I fail to mention that training was free? It doesn't stop there.

To keep us proficient, professional military education is a necessity. Before you pin on staff sergeant, you must attend Airman Leadership School. Topics include profession of arms, leadership, and communication skills, totaling 192 classroom instructional hours and nine credits toward the Community College of the Air Force's two-year degree program.

Before you pin on master sergeant, you must attend the Noncommissioned Officer Academy. Topics include profession of arms, leadership, and communication skills, totaling 223 classroom instructional hours and 11 credits toward the CCAF degree.

Before you pin on chief master sergeant, you must attend the Senior Noncommissioned Officer Academy. Topics include organizational theory behavior, leadership and management III, managerial communication III, and military studies III, totaling 304 classroom instructional hours and nine credits toward

the CCAF degree.

Hmm, we joined the military to get a job with hopes of pursuing an education right? Well, I believe the Air Force just gave us 29 credits toward a two-year degree and we didn't spend a penny yet. Speaking of pennies, let's explore our benefits.

When we raised our right hand and took the oath of enlistment at the Military Entrance Processing Station our benefits began. Upon arrival at Lackland AFB, we were immediately given new uniforms no charge; provided quarters with utilities at no charge; fed three times a day at no charge; received medical and dental check-ups and 100 percent coverage at minimal charge; received training at no charge. We were given an option to accept a \$250,000 life insurance policy, minimal-charge; and given an option to accept a \$35,000 educational package, again a minimal-charge. When we re-enlisted, some of us were given a bonus up to \$150,000.

Every year we receive an annual pay raise, and every two years of service we receive a pay increase. If we serve at least 20 years and up to 30 years honorably, we are entitled to receive a pension for life-anywhere from \$1,225 up to \$3,924. And for some of us, we see and feel the reality of a great leave and compensation package that

affords us: 30 days of annual leave; sick-leave (quarters); holidays off; family days off; time off for all types of appointments (you and family); 24 days annually away from work for physical training. We are also granted 8 to 10 days house hunting due to relocation. Up to 14 days of time off from work after a deployment. Time to enjoy a base sports day; 42 days of convalescent leave for women who give birth. All in all, this package provides most of us anywhere from 30 to 128 days off or away from work and we still get paid. Close to one-third of a year off for some! Does it get any better? I could go on and on, but I think we see where I am going with this.

Take a moment in your busy day and reflect on what our profession provides for us! Are the training, educational opportunities, traveling and benefits packages comparable to any other business in the world?

Is the grass really greener on the opposite side of the fence?

Do me, yourself and the Air Force a big favor. Do your homework by planning and comparing what our Air Force has given and is willing to continue to give, to what you think you might have before you take your next step into civilianhood. MR. BLUE!

Hickam Voices

What is your favorite aspect of military life?



My favorite aspect of military life is the traveling I get to do.

Capt. John Beede Jr.
25th Air Support Operations Squadron



The chance to work with and meet people from different cultures. I've learned throughout the world, people do have a sincere desire for goodness, we're not that different after all.

Master Sgt. Randy Rohrbacher
15th Airlift Wing



My favorite aspect of the military is camaraderie. No matter what service you're in you can always count on another military member to help you out when you need it.

Senior Airman John Dowd
25th Air Support Operations Squadron



My favorite aspect of military life is the feeling of family. We have excellent support systems. Help or assistance is only a phone call away. I always feel secure and safe on an Air Force base.

Alice Patton
Wife of Lt. Col. Phil Patton,
56th Air Operations Squadron

Next week's question:

May 6: What is your most memorable experience with your mom and why?

To respond to this question, send an email to hickam.kukini@hickam.af.mil with a response and phone number to contact you.



Respect for our flag: At the beginning of the official duty day, you will hear two sets of music played. First is "Reveille" and then "To the Colors." On the first note of "Reveille," personnel outside and in uniform must stop, face the flag or music, and assume the position of Parade Rest. On the first note of "To the Colors," personnel must snap to attention and salute. The salute is held until the last note of music. Questions? Contact your First Sergeant.

Source: AFMAN 36-2203

Action Line

The purpose of the Action Line is in its name. It's your direct link to me so we can work as a team to make Hickam a better community.

It also allows you to recognize individuals who go "above and beyond" in their duties – and we all know there are plenty of those folks here.

All members of Team Hickam are welcome to use the Action Line; however, I urge you to give the normal chain of command the first chance at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility. If you have done this and are still not satisfied, give my commander's Action Line a call. If you would like me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

Chair Swings

Comment: I was hoping you would be able to explain a recent change in housing policy. I just received a yard ticket today that stated "chair swing needs an approved 332 for it to be allowed in backyard only." In speaking with friends who have received the same ticket, the housing office is now stating that according to paragraph 5.7 in the Family Housing Brochure, chair swings are not allowed in the front yard. However, in looking at the wording of the



Photo by Mark Bates

Col. William Changose speaks during the volunteer recognition ceremony recently.

paragraph, I see no mention of the chair swings. It states "basketball goals, trampolines, tire or rope swings, swingsets, playhouses, hammocks, animal shelters, etc. These types of items ..."

According to the housing office, the chair swing is being considered a swing set. I have never considered a chair or bench swing to be a swing set. In fact, I believe the original intent of this paragraph was to prevent the placement of child toy swingsets in the front yard. I

feel this is an unfair stretching of the intent of the policy to include an item that should in no way be considered an eyesore. Should stationary benches also be included?

Furthermore, in our housing area (Onizuka Village), the bench swing gives a comfortable place to sit while keeping an eye on the children as the play together in the afternoon. Taking them out of the front yard will not only affect the atmosphere of the community, but could also lead to problems with supervision. I hope you will be able to clarify the point and possibly allow the residents to place these attractive benches in their front yards.

Response: Thank you for bringing this matter to our attention. Housing has not changed the policy regarding lawn furnishings; however, the wording in the housing brochure is ambiguous and will be made clearer.

The intent of requiring an AF Form 332 for placement of accessories, to include lawn furnishings, is solely for accountability and is maintained in the unit folder. Once an approved AF Form 332 is received, lawn furniture may be placed in the front of the unit.

It is the responsibility of the owner or occupant to periodically move such furniture for mowing and watering. The housing office will remove all past tickets issued for lawn furniture and the family housing brochure will be revised to clarify the intent and requirements for placing recreational items around the quarters.

Again, thank you for your input to help us better serve you and your family.

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Deadline for copy is noon Thursday for the following Friday's issue. Copy must be typed, double-spaced 12-point type, 300 - 350 words in length, and e-mailed to hickam.kukini@hickam.af.mil.

Crisis Response lines

Hickam Family Support Center
449-0300
Life Skills Support Center
449-0175
Law Enforcement Desk
449-6373
Base Chaplain
449-1754
Military Family Abuse Shelter
533-7125



Photos by Mike Dey

Above: Staff Sgt. Nicanor Barboza puts a vial of blood in the high speed spinner for testing.

Right: Senior Airman John-Dale Lilly draws a vial of blood from Senior Airman Brandon Ozaki.

Bottom: Sergeant Barboza examines a vial of blood.



Lab techs play vital role

By Tech. Sgt.

Andrew Leonhard

15th Airlift Wing Public Affairs

This week was National Medical Laboratory Week and a half dozen lab technicians here went about their daily jobs of drawing blood and taking samples.

This time is set aside to recognize medical laboratory professionals. A time of celebration for the approximately 300,000 medical laboratory professionals and 15,000 board certified pathologists who perform and interpret medical laboratory tests results nationwide. But here at Hickam it was business as usual.

In a normal day, the 15th Medical Support Squadron technicians see 80 to 100 patients flow through their area to have blood samples draw. They process close to 200 samples for analysis and that's just with two of the six technicians in the lab.

Master Sgt. Rene Sison,

NCOIC of laboratory services, said the most important part of a lab tech is providing doctors and clinicians with the most accurate and precise lab results in a timely manner. Getting those accurate results is also a part of the job she likes.

"My favorite part of the job is assisting doctors and clinicians in the diagnosis challenge," Sergeant Sison said, who has been a lab tech for 18 years. The veteran technician chose this job after being disqualified in basic training as an air traffic controller. "I picked the next stressful job (at the time)," she said.

A tech with less than 10 percent of the time in the job also said helping the doctors by providing results from lab work was an important part of the job. "And my favorite part is patient interaction and drawing samples," said Senior Airman Shannon Stokes, laboratory journeyman, who has been a tech for 16 months.

"I chose this job because one day I wish to get my degree as a marine biologist and this career field helps with the basics I need," Airman Stokes said.

Many of those basics are taught to lab tech journeymen in tech school with subjects such as chemistry, microbiology, immunology, serology, urinalysis, hematology, blood bank and phlebotomy.

All those subjects make a technician import to doctors and nurses.

"The lab technicians are a very important part of this medical group," said Major Claude Jennings, Nurse Manager, Flight Medicine. "The lab technicians we have here at Hickam clinic are extremely professional, courteous and are always a pleasure to work with, whether they are working with patients or other staff members in the medical group.

"I'm proud to have them on our team."



FAHRNI,

From A1



Lt. Col. Karolen Fahrni

assignments at several locations including Onizuka Air Force Station, Calif., Osan Air Base, Republic of Korea, Tempelhof AB, Germany and Offutt AFB, Neb.

She also returned to the academy twice where, during her first stay there, she was an instructor and inter-collegiate program manager then moved to executive officer, department of physical education. During her second assignment to the academy, she served as director, command assignments and senior officer matters followed by deputy director of personnel.

Colonel Fahrni assumed command of the Headquarters, Pacific Air Forces Squadron June 30, 2004.

The commander earned several awards throughout her career, including the Defense Meritorious Service Medal, the Meritorious Service Medal with three oak leaf clusters, the Air Force Commendation Medal with one oak leaf cluster, Humanitarian Service Medal, Military Outstanding Volunteer Service Medal and many more.

In lieu of flowers, donations can be made to: Lt. Col. Karolen K. Fahrni Memorial, American Cancer Society Central Leeward Unit, 98-029 Hekaha St. Unit 6, Aiea, HI 96701. Checks should be made payable to the American Cancer Society.

Spring has sprung: Make backyards safe

With the winter season finally behind us, families are heading straight for the outdoors. Kids with cabin fever are anxious for some fun in the sun. But before planning your next barbeque, take the time to check for potential safety hazards that may be lurking in your backyard. These helpful tips are a good starting point for keeping your family safe this summer.

Outdoor Wiring

Outdoor parties often include indoor appliances, like radios and blenders, that require electricity. This can present risks for adults and children alike. Basic indoor electrical safety rules apply outside the home as well. It's important to remember to always install plastic safety covers in unused outlets to prevent little fingers from getting inside, and to replace any cracked or frayed electrical cords. In addition, the National Fire Protection Association recommends the following precautions for dealing with outdoor power:

- Make sure outdoor electrical fixtures are weatherproof.
- Don't use electrical appliances outdoors when the ground is wet unless they have been rated for that kind of use
- Never run extension cords across lawns, walks or drive-

ways and only use extension cords rated for outdoor use

Gas Grills

What would summer be without backyard barbeques? When firing up the grill, however, keep in mind that liquid petroleum gas or propane is highly flammable. The Consumer Product Safety Commission estimates that roughly 30 people are injured each year as a result of gas grill fires and explosions. Keep young children a safe distance from gas grills that are in use, and follow these safety tips from the CPSC (detailed list available on www.cpsc.gov):

- Check the tubes that lead into the burner for blockage from insects, spiders or food grease. Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease or install a heat shield for protection.
- Check for gas leaks, following the manufacturer's instructions, if you smell gas. If you detect a leak, immediately turn off the gas and don't attempt to light the grill until the leak is fixed.
- Keep lighted cigarettes, matches or open flames away from a lighted grill



Take the time to check for potential safety hazards that may be lurking on a porch or in the backyard.

Porches and elevated, free-standing decks can be at risk of collapsing if they are not properly constructed. As such, the International Code Council recommends that homeowners, condominium owners and apartment dwellers inspect their porches and decks at least twice a year. According to the ICC, the most common safety hazard occurs when porches, balconies and decks are nailed directly to buildings rather than being attached with anchors. Other warning signs to look for are:

- Loose or missing anchors where the porch attaches to a house or building
- Missing, damaged or loose support beams and planking
- Wobbly handrails or

guardrails and screened porches can present a potential safety hazard for small children.

They often contain miniblinds, pleated shades and roll-up blinds that are hung to control the amount of light received. Window coverings made before 2001 may have looped pull cords and inner cords that pose a strangulation risk to small children. The Window Covering Safety Council urges parents to replace or retrofit mini-blinds and pleated shades made before 2001. Free looped-cord retrofit kits can be ordered online at www.windowcoverings.org or by phoning WCSC at 1-800-506-4636. (Information courtesy of Kellen Communications.)

Hickam college graduates

The following Team Hickam members recently completed their degrees:

Bachelors

Staff Sgt. Leah Anderson	692nd Information Operations Group
Staff Sgt. Raymond Banks	324th Intelligence Squadron
Senior Airman Brandon Driscoll	Air Force Element
Master Sgt. David Johnson	692nd Information Operations Group
Master Sgt. Gary Koble	Pacific Air Forces
Staff Sgt. Gene Nolen	Pacific Air Forces
Tech. Sgt. Ricky Patrick	15th Civil Engineer Squadron
Staff Sgt. Lorraine Soliz	Air Force Element
Master Sgt. Jammie Space	15th Mission Support Group
Senior Airman Pablo Varela	15th Civil Engineer Squadron
Staff Sgt. Daryl Webster	324th Intelligence Squadron
Tech. Sgt. Scott Wolverton	Air Force ROTC
Staff Sgt. Katie Worthen	324th Intelligence Squadron
Staff Sgt. Alaina Ybarra	Air Force Element
Staff Sgt. Jessica Yokoyama	Hawaii Air National Guard

Masters

Maj. Kenneth Berry	502nd Air Operations Squadron
Capt. Christopher Edwards	15th Aeromedical Squadron

Ocean sports – the safe way

By Sharee Moore
Kukini Photojournalist

Lifeguards rescue more than 2,000 people a year on Oahu beaches. This is a statistic that could be reduced by following basic safety guidelines.

“The big thing (about the ocean) is if in doubt, don't go out,” began Vincent Duny, chief of ground safety here.

Mr. Duny offered another tip about how to know whether or not to venture into the water. “If you don't see (someone from the local community) in the water; don't go in. They’re telling you something,” he warned.

The ocean is unpredictable, so parents need to keep a close eye on children – even in deceptively calm waters like those found here.

Unlike a pool setting, the ocean floor is not flat – this means one step backward could mean a difference of two to three feet. If the tide comes in, now a child is no longer playing in two feet of water, but four feet.

“A lot of mainlanders – people who aren't familiar with open ocean – are not familiar with currents or how waves work or how the water works,” Pamela Werling, the acting outdoor recreation director said.

As a result, Ms. Werling continued, “A lot of times a parent (will assume) 'the lifeguard is watching my child.'" It is impossible for

one person to carefully watch 300 children swarming the beach.

Hazards to avoid

Rip current

Gaylen Redoble, a ground safety specialist who has worked on Hickam for 30-plus years, described it as a “(powerful) current underneath the water that surges in and takes the water back out. It's present all over the islands, but you can’t see it. You just have to know where (they) are.”

If caught in a rip current, Mr. Duny said fighting against it is the worst thing one can do because no one can outswim it. Instead, flow with the current until it releases its grip, then swim to the left or right 90 degrees, then head back to shore.

To find out where the currents are, ask an ocean safety specialist what the beach conditions are before entering the water.

Shore break

The waves crash down right on the shore instead of breaking further out and lapping in. Beaches that are notorious for shore breaks include Sandy and Makapu beaches on the south side of the island.

Sharp coral

“The reef (here) is really exposed (during) low tide and sometimes people -

See OCEAN SAFETY, A7

Some of Oahu's top guarded beaches

Compiled by Sharee Moore
Kukini Photojournalist

According to the Hawaiian Lifeguard Association's Web site, there are currently 20 beaches guarded by ocean safety officers. Here is a listing of some of the most popular spots and some hazards to avoid.

North Shore

Waimea Bay Beach Park at 61-031 Kamehameha Highway

The Hawaiian Lifeguard Association Web site dubs this as the beach with the largest, most dangerous surf in the world during winter months. Summertime is calm and good for swimming. Beware of the strong rip current down the center of the bay.

Sunset Beach Park at 59-104 Kamehameha Highway

Sunset is one of the better surfing sites on the island. During winter months, waves of up to 20 feet are common. Swells can also grow large during summer, but okay for swimming and snorkeling when calm. Newcomers should ask lifeguards about the “Sunset Rip” and other hazards before entering the water.

Ali'i Beach Park at 66-167 Hale'iwa Road

This beach has some of the best surfing on the North Shore and the safest place to swim is in the small protected bay on the south side of the beach. Be leery of the dangerous shore break at low tide to avoid a tumble on the reef. The deeper waters around the breakwater often have strong rip currents that run seaward into Waialua Bay.

Ehukai (The Banzai Pipeline) Beach Park at 59-337 Ke-Nui Road

Spring and summer are usually calm and swimming is good – otherwise it's dangerous because the water breaks viciously on the shallow reef.

South Shore

Waikiki Beach from 2909 Kalakaua



Photo by Sharee Moore

Jennifer Benton keeps a close eye on Mackenzie, 3, at Hickam Beach, recently. Even in seemingly calm waters, parents should stay vigilant and never rely on lifeguards to "baby sit" children.

Avenue (Outrigger Canoe Club) to 2005 Kalia Road (Kahanamoku Lagoon)

Ask lifeguards about the location of deep holes. Since surfers frequent the beach, look out for runaway surfboards – they can be dangerous. Also, avoid the breakwater; it’s slippery.

Sandy Beach at 8800 Kalaniana’ole Highway

It’s an excellent place to watch athletes perform water sports, but not a good place for the inexperienced to swim. Experts make body surfing look easy; don’t be fooled. When the surf’s up, the shore break can literally become a bone cracking experience. Stay clear of the area locals call “The Point” at low tide during big surf. This is a jut of lava in front of the Hale Lua (bathroom).

Hanauma Bay Nature Park at 7455 Kalaniana’ole Highway

It’s a renowned swimming, snorkel-

ing and scuba diving location. Although the hiking trails have incredible views, avoid walking on ledges where the waves break called the wet zone. Not only are the lava rocks sharp, slippery and unstable, the unpredictable ocean is known to wash people out to sea.

Ala Moana Beach Park at 1201 Ala Moana Boulevard

The beach is generally safe for swimming, but parents stay alert. Children have drowned or almost drowned when tides changed or when winds cause strong currents. Also, the seemingly calm channel area can have powerful undercurrents and “safe” reef areas or rocks appear closer than reality. Only the most experience swimmers should venture beyond the reef where sharp, jagged rocks, swift currents and wave action abound.

See BEACHES, A7

Crime Scene

Banged up job

An active-duty Air Force member notified security forces about her vehicle being damaged while parked at her quarters. Further investigation revealed a large dent and paint transfer. A report was filed.

AAFES job security

A military family member was detained by Army Air Force Exchange Service store detectives for shoplifting. The member was processed and eventually released. Total cost of stolen merchandise: \$4.

Calling the car insurance company

An active-duty Air Force member notified security forces about his privately owned vehicle being damaged while parked at the schoolgate. Damage consisted of scrapes and scratches. A report was filed.

Slalom course at the gate

A civilian was stopped for erratic driving at the main gate. Upon contact, patrolmen found probable cause to conduct a standardized field sobriety maneuver, which the civilian subsequently failed. The civilian was charged and released.

Speedy retiree

A retired Air Force member was stopped for speeding. Upon contact, patrolmen found probable cause to conduct a standardized field sobriety maneuver, which the retiree subsequently failed. The retiree was charged and released.

Pick up phone and call 449-RIDE or 449-LIFT

A active-duty Army member was stopped for erratic driving. Upon contact, patrolmen found probable cause to conduct a standardized field sobriety maneuver, which the Soldier subsequently failed. The Soldier was charged and released.

Rules apply to green or blue uniform members

A active-duty Army member was stopped for erratic driving. Upon contact, patrolmen found probable cause to conduct a standardized field sobriety maneuver, which the Soldier subsequently failed. The Soldier was charged and released.

ATTENTION: To prevent driving drunk, call the Airmen Against Drunk Driving at 449-RIDE or 449-LIFT for a ride.

Youngster out on a stroll

An active-duty Air Force member notified security forces about a small child wandering the streets unattended. The child’s parent was contacted and charged.

K9 unit scores a milk bone

While conducting a base entry point check, a military working dog alerted on a vehicle driven by a military family member. Further investigation revealed the finding of a green leafy substance inside the vehicle which tested positive for THC/Marijuana.

Insurance pain

An active-duty Air Force member notified security forces about his privately owned vehicle being damaged while parked at his quarters. Damages consisted of scrapes and scratches. A report was filed.

People need to vent in another fashion

An active-duty Air Force member notified security forces about his privately owned vehicle being damaged while parked at his quarters. Damages consisted of keying and a slashed tire. A report was filed.

From broken to stolen

An active-duty Navy member notified security forces about his privately owned vehicle being stolen while parked at Firestone Service Station for servicing. A report was filed.



Photo by Angela Elbern

Fun run

Hickam Child Development Center children take off during a fun run April 22 here. The fun run was part of the CDC’s parent participation program. The center offers events throughout the year giving parents a chance to participate in activities with their children at the center. About 100 children and parents participated in the run.

How to handle crying baby

By Lorraine Cashen
15th Medical Group

One of the most stressful experiences for new parents is dealing with a crying baby. The average baby cries about two to three hours within a 24-hour period.

Babies with colic, severe abdominal pain caused by spasm, obstruction, or distention of any of the hollow viscera, such as the intestines, cry more often. Usually colicky babies cry non-stop for three hours a day at least three times a week. Twenty percent of all infants will be colicky.

Although no one is sure what causes colic, one theory is it may be due to an immature digestive tract.

Things to check for in a crying baby:

- Examine baby thoroughly with clothes off to find any possible physical cause for discomfort.
- Sick? Take the baby’s temperature, and call a health care provider if there is a fever or if there are other symptoms, especially for prolonged periods of crying.
- Pain from gas bubbles? Infant massage (bicycle stroke with legs). Rub tummy in clockwise direction.
- Hungry? Try feeding the baby. Newborns like to eat frequently. Even if the baby isn’t hungry, he or she may respond to sucking on a pacifier.
- Diaper wet or dirty? Check to make sure the

baby’s diaper is dry and clean.

- Too hot or cold, or is the baby overdressed or underdressed? Make sure the room temperature is OK and the baby is dressed appropriately.
- Lonely or afraid? Try comforting and holding the baby.
- Baby over stimulated? Try turning down the lights and the noise level.

Calming the baby

The baby is still crying. What are some other ways to calm a crying baby?

- Place baby face down on the caretaker’s lap with a folded towel under the stomach, massage the baby’s back.
- Skin to skin contact and establish a regular routine for infant massage.
- Swaddle the baby in a soft blanket and hold the baby close.
- Increase holding and carrying the baby to at least three hours a day, ideally before any crying begins.
- Sing or hum to the baby. Play soft and soothing music.
- Rhythmic and gentle motion. Rock the baby in a chair or swing, or gently sway while holding the baby close. Keep the baby’s hips bent and feet pulled up.
- Take the baby for a ride in the stroller or car. Motion often puts a baby to sleep.

- Speak in a soft, calm voice with good eye contact. Distract the baby by making faces or quiet noises.
- Give the baby a warm bath.
- “White noise” such as running a vacuum cleaner or hair dryer to help lull the baby to sleep.

Calming the parent

There are some things parents can do to maintain control over the situation, even when the baby continues to cry.

- Take a break. Place the baby safely in a crib, and take a few minutes alone in another room. Drink water, eat a healthy snack, listen to music, etc.
- Call a friend or relative who will listen to the problem and be sympathetic.
- Take some time off, have planned or spontaneous fun, relaxing activities on a regular basis.
- Ask a trusted friend or neighbor to watch the child while the parent takes a short break or a brief nap.
- Attend an infant play group for support and encouragement from other parents.
- If parents feel as though they are losing control and might hurt their child, they should call a hotline, such as the 24-hour National Child Abuse Hotline (1-800-4-A-CHILD).

- For more information about soothing infant crying, visit the National Center on Shaken Baby Syndrome Web site at www.dontshake.com.
- Contact Air Force One Source 24 hours a day, 7 days a week by calling 1-800-707-5784 or via internet at www.airforceonesource.com (user ID: airforce password: ready) for resources and referral information.

The new parent support program here offers educational and support services to expectant families and families with children ages birth to 3 years old of active-duty and retiree families. The following services are offered:

- Home visits with a registered nurse
- Infant play and learn group (Wednesdays at the community center 9:30 to 11 a.m.)
- Education on pregnancy, baby and toddler care
- Infant/parent massage instructions
- Books, videos, calendars and handouts
- Parenting and stress management
- Support groups
- Gift bag
- “Give Parents a Break” referrals

Program participation is completely voluntary and confidential. Contact Family Advocacy at 449-0175 for more information.



Photo by Mike Dey

Airman 1st Class Jill Dowd shows students Chillian Filupu and Natasha Iriarte how to take a blood pressure count during their career day visit to the 15th Medical Group clinic, April 21.

STUDENTS, From A1

them as patients when they seek medical care.

The students were then partnered with physicians, nurses, and technicians and got to see patient care firsthand.

One student, Neva Jane Aboy, spent her time in the physical therapy clinic. “I really liked the traction machine in physical therapy and I also got a chance to see patients working hard with their exercises,” she said.

This was also a positive experience for the medical group members to mentor young students.

Natasha Iriarte, a Waianae student, shadowed Capt. Jo-Ann Llana, nurse manager, in the pediatric clinic and had a positive experience.

“I really learned a lot

today, I like being around the children ... it was good to see the different types of responsibilities I could have working in pediatrics,” she said.

Captain Llana enjoyed the experience also.

“It was wonderful to see this younger generation excited about the much needed nursing profession,” she said. “The students were like sponges, absorbing as much information as they could.”

As the day came to a close, the successful impact of those involved was evident. The students highly praised the 15th MDG members who were available to answer questions and provide open discussion on various medical careers.

NEWS NOTES, From A1

mation contact Tech. Sgt. Alfredo Reyes at 449-7761 or e-mail alfredo.reyes1@hickam.af.mil or Tech. Sgt. El Marcelo Rone at 448-3465 or e-mail el.rone@hickam.af.mil

AMC long term parking – Starting May 15, the 735th Air Mobility Command terminal’s long term parking will be relocated to the new flight simulator facility and squadron operations facility parking lot. Those needing parking through a date after May 15 will need to make alternate arrangements for drop off. These changes are to facilitate the construction of a new parking lot and entrance to the AMC terminal area. For more information, contact Staff Sgt. Jerry Good at jerry.good@hickam.af.mil or 448-4219.

Golf invitational – The 15th Operations Group commander’s farewell golf invitational is Wednesday at Mamala Bay Golf Course and will have a shotgun start at 11:30 a.m. The cost is: E-1 to E-5 – \$24; E-5 to O-3 – \$29; O-

3 and above – \$32. Fees include green fees, cart and beverages on the course. There are prizes for the top three teams, bottom team, longest drive and closest to pin. For more information, contact Maj. Patrick Baughan at 449-5414 or e-mail him at patrick.baughan@hickam.af.mil.

CCAF graduation – The Community College of the Air Force graduation is May 10 at 2 p.m. in the Tradewinds Enlisted Club ballroom. The base training and education services office will be closed May 10 for the event.

Craft fair – Hickam crafters are invited to participate in the 30th Annual Hickam Spring Craft Fair scheduled for May 7. Booth registration is now in progress and will continue through May 6. Reserve a space for \$65 for the day or share a booth with another crafter for \$85. Items for sale must be handcrafted by the vendor and samples of the items are to be screened at registra-

tion so bring some samples. Everyone is invited to the fair including civilian crafters. Civilian vendors without base access may register by mail. For more information or to email application requests, call Natalie Keany at 449-1568, ext. 101 or e-mail application requests to natalie.keany@hickam.af.mil.

AFSA meeting – The Air Force Sergeants Association Chapter 1550 general membership meetings are held the third Tuesday of every month at 3:30 p.m. at J.R. Rockers. The next meeting will be held May 17. For more information, contact Master Sgt. Ronald Pompa at ronald.pompa@hickam.af.mil or 448-1681.

Hickam Food Court activities – For Mother’s Day: May 8 the first 50 mom’s receive a free rose at the Hickam Food Court. It’s kids night at the food court May 18 from 6 to 8 p.m. Learn to make crafts, paint or play games. Everyone is welcome to join the Hickam Food Court team

May 30 from 2 to 3 p.m. for a free slice of cake in celebration of Memorial Day. The food court will give tours of its food operations for school field trips. For more information, call 423-7203.

Cub Scouts – The leaders and scouts of Cub Scout Pack 197 invite all boys currently attending first grade through fifth grade to join Cub Scouts. Pack 197 is hosting a special recruitment meeting May 12 at 6:30 p.m. in the Nimitz Elementary School cafeteria. For more information, contact Doug Persons at 423-7325 or dspersons@earthlink.net

Parent Advisory Board – The Hickam Parent Advisory Board Luncheon is May 26 from 12:15 to 1 p.m. at the community center Maui garden room. The luncheon is free and open to all parents and children in the base child development programs. For more information or to sign up, contact the Main CDC at 449-9880, CDC West at

449-5230 or FCC at 449-1879.

HOSC event – The Hickam Officers’ Spouses’ Club will hold a scholarship banquet May 17 at the Officers’ Club Polynesian Gazebo. The social begins at 6 p.m. and dinner begins at 6:30 p.m. Cost for this function is \$17.95. Reservations must be made by noon May 13 and permanent reservations apply for this function. Members must be present for a chance to win the membership appreciation grand prize. For reservations, contact Jolande Murray (A-L) at 423-7097 or Jeannette Ramirez (M-Z) at 422-7444.

Education survey – All of Team Hickam is invited to complete the Air Force Education Needs Assessment Survey at <https://afvec.langle.af.mil>. This survey is conducted annually to assess the educational needs of the base population and is used to measure satisfaction, quality, availability, delivery, service, and to gauge the effectiveness of on-base programs.

BEACHES, From A4

East Shore

Bellows Beach Park at 41-043 Kalanianaʻole Highway

Bellows is a popular choice because of its shallow waters and small consistent shore break. No surfing in the area between the two lifeguard towers.

Kailua Beach Park at 450 Kawaiʻola Road Kailua Beach Park

There are generally no significantly hazardous ocean or beach conditions. Parents should carefully watch children playing near the pond in the middle of the park.

Makapuʻu Beach Park at 41-095 Kalanianaʻole Highway

Tradewinds tend to blow in the stinging blue jellyfish, Portuguese man-of-war, so look for signs before entering the water. The inexperienced should stay out of the water during high surf.

Kualoa Regional Park at 49-479 Kamehameha Highway

Erosion has nearly "wiped out" the beach's sand. On

occasion, currents can be strong – look out for children. Beware of the Portuguese man-of-war.

West Shore

Maʻli Beach Park at 87-021 Farrington Highway

The coral reef drops off suddenly so, ask the lifeguards at the beach where the best swimming areas are and what hazards to avoid. There’s a boat jetty nearby so watch out for the boat traffic.

Makaha Beach Park at 84-369 Farrington Highway

Surf is extremely fierce in winter with waves looming 15 to 30 feet. Swimmers, novice surfers and body boarders should avoid the water during these times. Look for strong shore breaks, undertow and runaway surfboards.

Stinging Limu, a hair like algae that leaves an itchy, blistering rash, plague the waters of West Shore beaches between June and September.

OCEAN SAFETY, From A4

who're just curious – will come down and walk on it and they're barefoot and they don't realize that ... coral will go into their feet and so it's not a good thing,” explained Ms. Werling.

Stinging or biting creatures

“There are creatures in the water that could sting you like jellyfish. Also, don't put your fingers in any holes, crevices or cracks,” advised Mr. Redoble.

Jelly fish have a painful sting and can leave permanent scarring or cause anaphylactic shock. Apply vinegar and warm water to the affected area if stung, but if difficulty breathing occurs, seek medical help – immediately.

Although shark attacks are rare, the key to avoiding them is to not swim in murky water or during dawn or dusk.

Other tips:

- Study and know the conditions before entering the ocean.
- For all ocean sports you must know how to swim. Rely on swimming ability rather than floatation devices.
- To discover the safest, most beautiful diving areas, join a dive club or go with someone who is familiar with the area and the hidden dangers.
- Sandy beach and Makapu have more incidents and rescues than any other beach on Oahu, so lifeguards recommend learning to surf at beaches with better conditions like Bellows or Waikiki.
- Alcohol is strictly prohibited.
- Before going in the water watch an experienced body boarder or surfer to observe their safe techniques.

Crowded conditions can be dangerous. Know when to “break out” or dive under a wave.

- Parents should never rely on the lifeguard to “baby sit.”
- When kayaking, wear a personal floatation device, carry a cell phone (in a waterproof bag), have a plan, go with a buddy, prepare for the unexpected and if someone falls out of the kayak, stay with the craft.

To help build awareness of ocean hazards, personnel from the ground safety office show a video every two weeks to Airmen arriving here. For more information or to view the safety video call 449-SAFE.

(Editor's Note: Information compiled from the U.S. Army Safety Center video “Hidden Beauty, Hidden Danger.”)



Editor's Note: To read the complete stories and find more Air Force News, go to www.af.mil.

Military struggling with rising health care costs

WASHINGTON (AFPN) – Rising medical costs and the expansion of health benefits for retirees, guardsmen and reservists, and their families, are putting a strain on the military health-care system, Defense Department health and personnel officials told members of Congress on April 21.

“Rising health-care costs are not unique to the military health system; it’s a national concern, and we are struggling with it,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Rising costs can also be attributed to increased enrollment in Tricare benefit programs, said David S. C. Chu, undersecretary of defense for personnel and readiness.

Improvements in Tricare benefits have made the health plan “widely accepted” by servicemembers, retirees and their families, Mr. Chu said.

And, “others seek to join this program,” he said, referring to retirees older than age 65, who joined Tricare for Life, and reservists, who can begin enrolling in Tricare Reserve Select.

However, the popularity of Tricare programs has brought

with it “substantial cost,” Mr. Chu said.

Expenses for Tricare have grown rapidly, doubling over the past five years from \$18 billion to nearly \$36 billion in 2005, Dr. Winkenwerder said. If the current trend continues, the program’s total budget could top \$50 billion within five years, he said.

By 2010, about “70 percent of the health budget will be spent caring for retirees,” Dr. Winkenwerder said.

“The facts show that our expansion of health benefits, such as those for our senior retirees, underlies the growth, and that growth could put today’s operations and sustainment at risk,” he said. *(Story by Army Sgt. 1st Class Doug Sample, American Forces Press Service)*

Base agencies keep rotations moving in right direction

SOUTHWEST ASIA (AFPN) – A question is asked of everyone on a rotator flight that has just landed at a forward-deployed location, “Are you staying here or going downrange?” It is an easy question for new arrivals to answer, but few people, whether inbound or outbound, are aware of the process used to funnel servicemembers in and out of U.S. Central Command’s area of responsibility.

This difficult responsibility falls to the people of the 379th Expeditionary Logistics



Photo by Airman 1st Class Christina Ponte

Analyze this

DAVIS-MONTHAN AIR FORCE BASE, Ariz. – Staff Sgt. Thomas Puckett inspects an A-10 Thunderbolt II for a cost and analysis report on a recent aircraft mishap. He is a crew chief assigned to the 355th Aircraft Maintenance Squadron.

Readiness Squadron’s reception control center, 8th Expeditionary Air Mobility Squadron’s passenger operations section and the 379th Expeditionary Mission Support Group’s personnel support for contingency operations office.

The Airmen of the 8th EAMS are responsible for rotators coming in and out of the base.

“With the upcoming (air and space expeditionary force) swap out, our main area of concentration is to expedite the movement of passengers off the commercial jets and move them downrange via theater

airlift,” said Master Sgt. Donna Menchaca, 8th EAMS passenger operations superintendent deployed from Travis Air Force Base, Calif.

They also unload passengers and bags off theater airlift so the commercial jets can take them home. *(Story by Senior Airman Karah Manning, 379th Air Expeditionary Wing Public Affairs)*

Quadrennial Review focuses on future

WASHINGTON – The four capabilities the Air Force brings to the joint warfighting environment will be the focus

of the service’s contribution to the 2005 Quadrennial Defense Review.

Officials in the office of the secretary of defense produce the Quadrennial Defense Review every four years with input from the services. The report details to Congress the anticipated needs of the Defense Department out to about the year 2020.

“The QDR is important to all of the services, ... because it looks at what capabilities we have today verses what capabilities we are going to need in the future,” said Maj. Gen. Ronald J. Bath, Air Force director of strategic planning. “We do an analysis of that and

make (decisions) as to where we are going to invest DOD dollars so that we make sure we have those capabilities when we need them.”

The Air Force brings three major operational capabilities to the joint warfighting environment, General Bath said. Those capabilities include global mobility, rapid strike, and persistent command, control, communications, computers, intelligence, surveillance and reconnaissance – or “C4ISR.”

“Those are the three things we tout as being unique to the Air Force,” he said. “But there is one other thing. That is the assets we call our people – the incredibly ingenious force of Airmen (who) can take those other things and make them applicable wherever and whenever.”

Those capabilities together allow the Air Force to contribute to joint air dominance – control of air and space over any battlefield in any part of the world.

“Air dominance guarantees that whenever we put a Soldier or a Marine on the ground or a Sailor on the seas, the (sky) above him will be safe, and that we will control that,” the general said.

Part of maintaining that air dominance is ensuring the Air Force has the right tools to do the job. One of those tools is the F/A-22 Raptor, General Bath said. *(Story by Staff Sgt. C. Todd Lopez, Air Force Print News)*

Free fun for Hickam youths

Operation Cope Deployment offers Hickam youth free fun! OCD is a quality of life outreach initiative meant to ease the stresses of deployment for children of deployed parents. Youth ages 5 through 12 and teens ages 13 through 18 will be offered the chance to take field trips, join in discussions about deployments and participate in activities throughout the month of May. Join the community center and the outdoor recreation program Sunday from 1 to 5 p.m. at the Hickam Harbor for a kickoff barbecue where youth may sign up for free field trips.

OCD offers a trip to Kualoa Ranch May 7 for 5 to 12 year olds for a day of shrimping, snorkeling, kayaking and beach activities. May 14, teens will be invited to view the dolphins at Makaua Beach and kayak. A trip to the Polynesian Cultural Center is planned for youth 5 to 12 years old May 21 for an educational field trip featuring the Polynesian culture. Teens can participate in a Diamond Head crater hike and boogie boarding at the beach May 21. Field trips are free for dependents of deployed families. Program t-shirts and lunch will be provided. Call the community center at 449-2361 for information.

Junior golf

Registration for the annual summer junior golf program at Mamala Bay begins Sunday. Junior golfers will be placed in two age groups of 7 to 10 and 11 to 13 year olds. Each junior golfer will receive a set of golf clubs, a shirt, hat, golf balls and tee pack and five lessons. Cost

is \$99. The final lesson will consist of a playing lesson and golf outing followed by a banquet and awards ceremony. Summer junior golf begins June 20 and runs through July 26. Sessions will be held for each age group on Mondays and Tuesdays at 1-1:45 p.m., 2-2:45 p.m. and 3-3:45 p.m. Registration deadline is June 6. For information and registration, call 449-2047 or 449-6490.

Life guard course

American Red Cross “Guard Start” life guard course will be held through May 20 with classes running Tuesday through Friday from 6-9:30 p.m. at Pool 2. Cost is \$75 per person and includes instruction and testing. Text books and Pocket Masks are available at the ARC office. Become a certified life guard through American Red Cross. Call 449-5215 for details.

Sailing classes

Start sailing right is a basic sailing program that will teach students how to sail small boats. Classes run through May 28. Cost is \$160 per person and covers textbook, personal flotation device and instruction. Classes will be held in the evening with weekend group lessons and six hours of private sailing time with an instructor. Call 449-5215 for information and registration.

Mother’s day sale

The Mamala Bay Golf Course honors moms with its annual Mother's Day Sale through Saturday at the pro shop. Check out all the great golf stuff for mom and get 10% off all merchandise in stock.

Groovy 70s night

Tonight is the first Friday



in May and that means “Groovy 70s Night” at the officers' club's first Friday event. The evening begins with the Pau Hana Party in the Green Room at 4:30 p.m. and then it's on to the Koa Lounge for Groovy 70s music provided by DJ-G Man from 7-10 p.m. Join in the disco fun at May's First Friday.

Hanauma Bay

Hickam teens get a chance to see Hawaii’s ocean life up close and personal when the Teen Center travels to Hanauma Bay on Saturday. Cost is \$10 per person and includes transportation and park entrance fee. Bring your own fins and mask or rent on site for \$7. Call the Teen Center at 449-2233 for information.

Crazy pajama party

Party in your PJs at the Kidsports wild and crazy pajama party on Saturday. Children will play games, eat dinner and get a chance to break a piñata from 6-8 p.m. Cost is just \$15 per child. Call Kidsports at 448-6611 for reservations.

Spring Craft Fair

The 30th annual Hickam Spring Craft Fair and Family Fun Day will be held on Saturday from 9 a.m. to 3 p.m. at the Arts & Crafts Center on Kuntz Ave. More than 100 craft vendors will be on hand with a wide variety of outstanding handmade crafts.

Along with the crafts are craft demonstrations, live entertainment, the 4th annual dog show and great food. This is an all day ‘family’ event. For more information, call 449-1568 or visit the Hickam Arts & Crafts Center in Bldg 1889 on Kuntz Avenue.

Bowling with mom

Mother's Day is Sunday. Bring the family to the Hickam Bowling Center from 12 noon to 4 p.m. and mom bowls free! Enjoy an afternoon of action and cool fun on Mom's special day.

Mother's Day Sunday brunch

Join the tradition of Mother's Day Sunday brunch at the Hickam Clubs. The year's largest brunch will be held at the enlisted and officers’ clubs with seatings at the E’Club at 10 a.m. and 12:30 p.m. and at 10, 11 and 1 p.m. on the O’Club lanai. Additional seatings are planned for 10:30 a.m. and 12:30 p.m. in the O’Club dining room. Tickets are required to attend the enlisted club event while reservations are encouraged for the officers’ club. Treat Mom to this tra-

ditional event. Cost is \$20.95 with a \$2 member's first discount. Call the enlisted club at 449-1292 or the officers’ club at 448-4608 for information.

Shop for mom

A “Shop for Mom” excursion is planned by Hickam Pre-Teens. Youth will be transported to the Pearlridge Mall on Saturday from 2-4 p.m. to find a gift for Mom. Pre-teens can signup at the Teen Center. Call 449-2233 for information.

Scrapbook club

The Community Center’s Scrapbook club meets Fridays for an evening of scrap- ping from 5 to 9 p.m. The club is a place to learn and share ideas about scrapbook- ing and to meet new friends. Cost is \$10 per person. Call the Community Center at 449-2361 for information.

Bowl turning classes

Some of the most beautiful wooden bowls are made here in Hawaii. Learn how to make one and take the masterpiece home when finished. The Hickam Wood Shop conducts bowl turning classes Mondays from 6 to 9 p.m. Experience PACAF’s best equipped wood shop and learn a skill that will last a lifetime. For information on the bowl turning class or other wood shop programs, call 449-1582.

Alaska cruise

Travel to Alaska Sept. 16-25 for a memorable cruise on the Inside Passage.

Explore the rugged south central coast of the Gulf of Alaska with its snow-capped mountains and rivers of ice aboard Holland America, which features a smaller ship, bigger staterooms and more crew members per guest than any other cruise line. Start saving now for this unforgettable cruise. Call ITT at 423-0275 for a detailed itinerary and information.

Prospective child care providers

A pre-licensing briefing for prospective child care providers is held the first Thursday of each month from 5 to 6 p.m. at the Family Child Care office located adjacent to the auto resale lot in Bldg. 2116. The next briefing will be held Thursday. Applicants must be base residents, 18 years old, and a high school graduate, able to read and write English and pass a National Security check. Call the Family Child Care office at 449-1879 for full details. Please note that all persons caring for other families’ children for a total of 10 hours or more per week must attend this briefing and get a license.

Early week golf special

Golfers, take advantage of the “Early Week Special” at the Par 3 Golf Course during the month of April. Play nine holes and get a second round of nine holes at half

See SERVICES, A10

SERVICES, From A9

price.

This chance to perfect the short game is valid Mondays from 6:30 a.m. to 4 p.m.; Tuesdays from 1 to 8 p.m. and Wednesdays from 6:30 a.m. to 4 p.m. This is a limited time offer and is not valid on AF ‘down’ days or holidays. The second round of golf must be played on the same day. For details, call 449-2093.

Mongolian BBQ

Mongolian barbecue is back Thursday nights at the Hickam Officers’ Club with its unique style of cuisine – enjoy it on the refurbished lanai! The barbecue starts at 5:30 p.m. and offers a wide array of choices of vegetables and meats. Plan to be early to this popular dining event. Call 448-4608 for details.

Birthday parties

Looking for a special birthday place? Birthday party reservations are available at the Hickam Bowling Center for children 12 and under for the price of \$7.50 per child.

Birthday packages include two games of bowling, shoe rental, one hot dog or two mini cheese or pepperoni pizzas and a bag of chips. For reservations or information, call 449-2702.

Customized exercise program

Personal training offered at the Hickam Fitness & Sports Center provides a customized exercise program geared to your goals, needs and time constraints. PT also provides basic nutrition guidance to supplement your fitness program and round out a healthy lifestyle. PT offers enrollment and personalized support through FitLinxx and is available in several programs starting at just \$30. Call 449-1044 for information.

Safety inspections

Hickam Auto Center is the no-hassle place to get a state safety inspection. Drop off your car or wait for one of the certified inspectors to check a vehicle. No long lines or appointments required. Customers should bring their original insurance card and vehicle registration (No faxed or photocopies are accepted). Save \$3 by using the coupon from the April issue of Inside Services Magazine. Call 449-2554 for more information.

Youth photo contest

Calling all young photographers! The Boys & Girls clubs of America Image Makers Photography Contest encourages youth ages 6 to 18 years old to learn and practice black and white, color and digital process photography. Start clicking a camera and enter photographs at the Hickam Teen Center. For more information, contact the teen center at 449-2233.